DOCUMENT RESUME

ED 449 921 PS 029 223

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TITLE Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child.
ISBN ISBN-0-8092-9764-7
PUB DATE 2001-00-00
NOTE 317p.
AVAILABLE FROM Contemporary Books, 4255 West Touhy Avenue, Lincolnwood, IL 60712-1975 (U.S., $22.95; Canada, $33.95).
PUB TYPE Books (010) -- Guides - Non-Classroom (055)
EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS Change Strategies; *Child Rearing; Childhood Needs; Children; *Coping; Discipline; Elementary Secondary Education; *Emotional Adjustment; Emotional Development; Family School Relationship; Parent Child Relationship; Parent Education; Personality Development; *Resilience (Personality); Self Esteem

ABSTRACT

The increased stress, pressure, and demands on children today have caused an alarming increase in childhood depression, health disorders, and antisocial behavior. However, numerous scientific studies of children facing great adversity have shown just how important resilience is for successful growth. This book synthesizes a large body of literature on the concept of resilience, exploring why some children are able to overcome overwhelming obstacles while others become victims of early experiences and environments. The book demonstrates how resilience must be applied to every parenting practice to prepare our children for the challenges of today's world, explains how many parents, despite the best intentions, unwittingly undermine their children's capacity for resilience, and offers effective strategies for identifying and eliminating these "negative scripts." The chapters of the book are: (1) "The Dreams and Wishes of Parents"; (2) "Teaching and Conveying Empathy"; (3) "Communicating Effectively: To Listen, To Learn, To Influence"; (4) "Changing the Words of Parenting: Rewriting Negative Scripts"; (5) "Loving Our Children in Ways that Help Them Feel Special and Appreciated"; (6) "Accepting Our Children for Who They Are: The Foundation for Setting Realistic Goals and Expectations"; (7) "Experiencing Success: Nurturing Islands of Competence"; (8) "Learning from Mistakes"; (9) "Developing Responsibility, Compassion, and a Social Conscience"; (10) "Teaching Our Children To Make Decisions and Solve Problems"; (11) "Disciplining in Ways that Promote Self-Discipline and Self-Worth"; (12) "The Alliance between Parents and Schools"; and (13) "Hope and Courage." The book's appendix presents guideposts and principles for raising resilient children drawn from each of the chapters. Contains a list of recommended readings and 11 references. (HTH)

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